



Women's Healthy Teaching Kitchen (HTK)

Class Details

Tuesdays - 2:00-3:00pm CT

06/08/2021 06/22/2021

07/20/2021 08/03/2021

08/17/2021 08/31/2021

VVC– Online VA Video Connect

To Sign Up: Please contact
615-225-6375

Tennessee Valley Healthcare System—Veterans Affairs

Dietitian/Point of Contact:
McKenzie Poteete
Phone: 615-225-6375

For recipes and other materials,
please visit www.nutrition.va.gov

For technical assistance, contact the
National Telehealth Technology Help
Desk at 866 651-3180 or (703) 234-
4483, Monday-Saturday, 7 am
through 11 pm EST.

Come Cook With Us!

Making healthy food choices is the #1 thing you can do for your health. Learning how to cook can be one step towards getting healthier foods on your plate. The Healthy Teaching Kitchen (HTK) online program provides live, virtual cooking classes for Veterans to increase nutrition knowledge, cooking skills, and build confidence in cooking at home with healthy, minimally processed foods.

Who Can Attend?

Classes are open to VA-enrolled female Veterans.

How Do I Connect to the Online Appointment?

Prior to your appointment, you will receive an email from **VA Video Connect Appointment** with a link that says “**Click Here to Join the VA Video Connect appointment**”. Click that link and it should take you to your appointment! If you're accessing the appointment from an iPhone or iPad device you will need to down load the **VA Video Connect App** before clicking the link.



U.S. Department
of Veterans Affairs